THE Lions' Pride
OF SAINT LEO UNIVERSITY

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Saint Leo student pushes for smoke-free campus

Student's findings show willingness to kick the habit

BY COLLIN GOOD
Editor in Chief

Saint Leo University students have begun efforts to create a smoke-free campus, utilizing area schools as a model for a safer, cleaner campus. This project stems from the honors project of a Saint Leo undergraduate student.

Daniel Salahuddin, a senior biology major, has started an initiative to create a cleaner, smoke-free campus. Salahuddin looked for ways to improve air quality and overall aesthetic appeal at Saint Leo, and his results have become a working discussion between the Student Government Union and campus administrators.

"I've always been interested in public health, and that coupled with me being bothered by cigarette smoking outside of Saint Leo buildings is why I decided to do a project about cigarette smoking. After a teleconference with the Pasco County Health Department, they planted the idea of a smoke-free campus," said Salahuddin.

"I think at colleges, it's really in everyone's best interest. It helps in so many ways; it provides a healthier campus where students can breathe cleaner air, eliminates liability on the campus, increases appeal, and it shows that students care about their health and the health of their community."

Salahuddin isn't the only one who believes a smoke-free campus isn't just a good idea, but something Saint Leo should strive to provide its students and faculty. Dr. Leo Ondrovic, professor of Biology at Saint Leo, worked in conjunction with Salahuddin to plan, analyze, and implement the idea.

"We discussed ways of getting the message to students on campus, and with the Institutional Review Board, we looked at the ethics of the survey and the information we were trying to glean. We didn't set out to be provocative," said Ondrovic.

Ondrovic has more to gain from a smoke-free campus than most. At the age of 43, his wife died from complications stemming from cigarette smoking. Eliminating cigarette smoking on campus would not only benefit the health of all members of the Saint Leo community, but it would help educate people of the dangers of smoking that are often overlooked.

"Lung cancer is just the tip of the iceberg," he said. In addition to the many cancers cigarette smoking can cause, every cell in the body becomes anemic, inhibiting the body's ability to heal, and sets up the body for susceptibility to premature aging, as well as Chronic Obstructive Pulmonary Disease, or COPD, the nation's third leading cause of death.

"My wife used to make organic pesticide by mixing her cigarette butts into a water solution. No insects would go near her plants. What does that tell you about tobacco products?" said Ondrovic.

Ondrovic is working with Salahuddin to prepare his findings for publication.

Salahuddin's study, which sampled 251 Saint Leo freshmen, found that of the 64 who claimed they were smokers, 94 percent said they never received any type of smoking cessation information from Saint Leo University.

When asked whether or not they would support or oppose Saint Leo University becoming tobacco-free if smoking cessation

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Saint Leo graduate gone but not forgotten

BY CHERALYN BARRINGTON
Lions' Pride Layout Editor

On the morning of Monday, January 24, Hydra Lacy Jr. holed himself up in his attic with his firearm. According to *The Saint Petersburg Times*, Lacy had already been arrested several times for rape, grand theft, kidnapping, battery, and attempted murder. He had served about ten years in jail and disclosed to those close to him he refused to go to prison again. Most recently, he had been called in for attacking his wife, Christine Lacy, with two swords. He was called to court for this incident in November, but didn't show up. Police were asked to go to his home located in Saint Petersburg. Extra help was needed and as the responsible men they were, Thomas Baitinger, 48 and Jeffrey Yaslowitz, 39, quickly responded to the call.

When inside the house, Lacy fired a shot that hit Jeffrey, critically injuring him, and Thomas immediately stepped forward to his assistance. In the process, Lacy fired a shot from above, hitting Thomas right above his bulletproof vest. Both Thomas and Jeffrey were taken to the hospital, and shortly after passed away. Close friends and family members say both men were honorable, hard-working, religious, and dedicated family men.

Jeffrey leaves behind a wife, Lorraine, and 3 children, Calen, 5, Haylie, 8, and Caleb, 12. Considered a team player by his peers, he studied psychology in college and worked as a counselor before becoming a police officer. In addition to caring for his family, Jeffrey cared for his police dog, Ace. According to *The Saint Petersburg Times*, the police department is letting Jeffrey's family keep Ace as a comfort and remembrance of him.

Courtesy of the Saint Petersburg Police Department

Brave Sergeant Baitinger will be remembered by many

Thomas is survived by his wife Paige, and although they had no children, the couple loved kids. As a teen, Thomas liked to sing and played in his high school band. As well as being musically inclined, he was a good student. Thomas earned his bachelor's degree from the University of Wisconsin in behavioral science. He became a part-time officer, and later moved to Florida for the warm weather. He was hired by the Saint Petersburg Police Department in 1996, and advanced to Sergeant in 2004.

In 2008, he earned his Master's of Business Administration from Saint Leo University. According to *The Saint Petersburg Times*, all who knew Thomas described him as an ambitious man. He also took leadership classes. Thomas was known for his warm, loving personality, and hugged those around him if they were having a bad day. Many officers are known for having a tough shell, but Thomas wasn't afraid to show his sensitive side. According to *The Saint Petersburg Times*, Sergeant Daniel Barber remembers Thomas as a reassuring presence on a stressful day.

Thomas's hobbies included golf and Texas Hold'em Poker. He was also a loyal Green Bay Packers fan and friends say he was very excited for the Super Bowl. By his actions, one could tell that Thomas put passion into everything he did. For instance, Thomas even wore a Green Bay Packers bracelet. He also mentored a student at Gibbs High School, and according to Christine Smith, former family and community liason at Gibbs High, he really made an impression on the student he mentored. In *The Saint Petersburg Times*, Detective George Lofton regarded Thomas as someone who made everyone feel better.

"He would light up the room," said Lofton of Thomas.

He was liked by many people, including Saint Petersburg Mayor, Bill Foster, who considered Thomas to be a friend. Police records indicate that Thomas never had to fire a weapon before or even use his taser while on duty. As a calming presence, he knew how to carefully handle a situation before it got too hostile. Thomas was a dedicated man who put others first. Chief Chuck Harmon told *The Saint Petersburg Times* that Thomas's wife, Paige, wanted everyone to know one thing:

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Opinions

False sense of security on Saint Leo campus

BY BROOKE KING
Lions' Pride Entertainment Editor

Whatever happened to locking your doors and treating every person you walk by as a stranger?

It has become increasingly clear while walking around on the Saint Leo campus that students have become very relaxed with the concept of living and going to school on a private college campus. However, do not assume that Saint Leo, although it is private, is a closed campus. Nothing could be farther from the truth.

In fact, Saint Leo is open to all visitors. These visitors, although required to check in with security to get a visitors pass, do not necessarily do so. It is your responsibility as a student to be aware of your surroundings. While the extremes to keep yourself safe do not necessarily include surrounding yourself in a force field, it is smart to be equipped with the right knowledge and information for when unfortunate incidents happen on campus.

Incoming freshman are given a security handbook, to which most students probably throw away or set in a pile of junk that is forming around their bed. Jerome Helton, Director of Security on campus knows all too well that students don't utilize the handbooks she passes out every year, but hopes that when the situations arise, students thinks to use them. If you have already thrown out this handbook, you might want to go pick one up at the security office.

It is easy to get complacent with the fact that Saint Leo is a small campus and therefore more safe. However, not locking the door to dormitory rooms and leaving keys in an unlocked car, is not only unsafe, but also stupid. And if you happen to be one of those students that currently does this and wonders why things in the room keep getting taken or why your car seems to be missing, you might want to examine those fundamental rules that your parents tried to instill in you, while you were hopefully still listening, on how to be safe.

Helton has a few tips and advice for students on campus to keep themselves safe: "I have been at Saint Leo for 32 years and one thing that is a serious issue, is when students are going to a party, make sure to have a designated driver and a way home just in case your driver decides to drink. In addition, students need to make sure that they have a way to get to their rooms safely. This includes using the buddy system for late at night and making sure when returning to campus to look around to make sure there is no suspicious activity. Even I, sometimes late at night, look underneath my car to make sure no one is hiding there."

Students can also utilize the escort assistance program that campus security has in place to help those who are uncomfortable going from their car to their dorm late at night. The Security Office is open 24/7 for any of your safety needs. They are there on campus to help you. If you are not aware of the services that they provide, maybe now is a good time to look at that safety handbook that you are currently using to level the desk in your dorm room.

If that is not enough safety information for you, here is some more free advice, the Security Office has patrols that not only go around on golf carts, but bikes and cars as well. These are roving patrols that are there for your convenience and safety. There are also alert systems in place to warn students on weather and other immediate dangers on campus. While some see this alert system as annoying, especially when the alert system calls every student's listed points of contact, it is there for those incidences when it is imperative to get information to the entire campus and is an issue of safety.

If you still refuse to believe the information given to you has not helped to change your perspective on campus security, maybe some statistics will help you see the light of day. According to the Department of Education's College Campus Safely Report from 2009-2010, Saint Leo had on campus and in student housing two aggravated assaults, twelve reports of burglary (a decrease from 17 from 2008-2009), one count of motor vehicle theft, 397 liquor violations, and 45 drug abuse violations. You may think that this campus is safe, but think again. College is supposed to be an experience, but one that is enjoyable and safe.

So, take the time and stop for a second and question whether you left your keys in the door of your car? Did you leave your dorm unlocked? Did you find a safe ride home from the party? Even simpler, did you even bother to look over your shoulder while walking back to Marmion and Snyder from main campus? As cliché as it is to say... everyone is a safety officer and keeping Saint Leo campus safe is everyone's responsibility.

What will we watch now?

Sports programing hits lull

BY DANA JENNINGS
Lions' Pride Opinion Editor

This time of year is rough for sports fans. After the emotional high during the super bowl, a pronounced crash occurs as we hit the reality check: all we have now is NBA regular season games until baseball stadiums thaw out in the north.

Many Saint Leo University students will be excited about the upcoming MLB season, with many teams ranging from the local Tampa Bay Rays to the champion San Francisco Giants poised to take a swipe at the title. We will surely see a plethora of shirts and jerseys representing students' favorite teams come finals week.

In the meantime, however, students are forced to decide what we should do with the free time usually associated with emotional highs and lows spent screaming at the television.

I would advocate using the free time to study, but I am a realist. I understand that sports will not be replaced by studying. Other forms of entertainment will replace it.

Instead, students will find themselves attempting to get by with shows such as American Idol, Glee, or lesser sports. Two main events will capture most sports fans during this lull: the NFL draft and March Madness.

The NFL draft, April 28-30, commands a surprising following and has mock draft articles from numerous experts every week. This started during the NFL regular season and will continue until the day of the draft.

March Madness is to college basketball what the BCS bowl games are to college football, with similar fanaticism and money-making ability. March Madness starts at the selection session on March 13 and ends April 4 with the championship game.

Whatever you end up watching this spring, have fun and make an effort to spare some time for your classes.

DJ's musings

BY DANA JENNINGS
Lions' Pride Opinion Editor

*Valentine's Day fast approaches and men everywhere are having panic attacks. So guys, you need to get on it, right now, or forever hold your excuses: you will be wrong.

*Hope everyone had a great time watching the Super Bowl. Whether you watched for the game or the commercials, you can weigh in on the top plays and the funniest ads.

*Feeling the rush of rush week? Congrats to all new Greek members and try to have fun!

*Anyone else buried in homework already? Get out of the funk by attending the fair in Tampa!

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Quintana not to seek re-election

Class trips and programs planned throughout the semester

BY COLLIN GOOD
Editor-in-Chief

This spring, the Class of 2014 will elect new class officers. Among the candidates will not be the incumbent president.

Genesis Quintana, in an interview with *The Lions' Pride*, made clear that her tenure as president of her class will end in April 2011. But while her tenure might be coming to a close in a few months, her programming will continue to get bigger and better.

In a meeting held on January 31, Quintana announced her plans to bring Saint Leo freshmen off campus, with trips to Disney's Blizzard Beach or Typhoon Lagoon, and to a day of ice skating and laser tag.

"One goal is to make second semester much more relaxing and entertaining than the first," said Quintana. "There's a lot of stress involved with your first semester in college, and the class deserves trips where they can go and relax and have fun."

But it's not all about getting away from Saint Leo for Quintana. She and her class have raised over $200 for the Susan G. Komen Breast Cancer Foundation this year, alongside helping the cheerleading squad, our troops overseas, and "bouncing for autism" with the Student Government Union. Plans are currently in the works to raise money for the March of Dimes this spring.

"It's about helping the community at Saint Leo, but also helping balance fun and education."

A former high school class vice president, she decided to get involved once again in college, this time at the top of the ticket.

"I was always involved in high school, and this seemed like a good time to take the next step. The office of president provides great leadership skills that will help after college."

Running on a platform of getting the class involved in student government, Quintana was elected as a write-in candidate out of a field of seven. Since then, she has made attempts at getting the class to understand what student government is about, and how to get involved.

"It's a lot of work behind the scenes," she says, " and if more people want to get involved, they should. I have talked to the Student Government Union Executive Board about having more elected officers per class. I feel we could use a support system that's part of being a treasurer or a secretary."

Quintana recently appointed a cabinet of advisors, which is provided for in the current SGU constitution. Despite the lack of elected positions each class is allowed, class presidents have no limit of how many students can be appointed to their cabinet.

"I didn't hear anything about appointed positions, they weren't advertised," said Theresa Moore, a freshman. "I haven't heard much about the class this year. I didn't know what to expect, but I expected there to be more than there has been."

A biology major, Quintana admits that the job is harder than it looks. "Your priority should be education, but sometimes you have to give stuff up to achieve what you want for your class."

Though she may not be seeking re-election this spring, Quintana assures her class that she's not stepping away from her duties. "There's a lot more coming, and we can't do it without the support of the class."

Smoke-Free continued from page 1

services are provided, a majority responded in favor of such an initiative.

Salahuddin presented his results before the Student Government Union Senate meeting last Wednesday, to encouraging results. He is working with SGU President Amanda Cassar to construct a plan to bring to Saint Leo's administration. The pair are working in conjunction with student governments from the University of Florida which went smoke-free in July 2010, and Eckerd College, which has implemented a smoke-free policy around all residential and academic buildings on campus.

If the policy is enacted, Saint Leo will become only one of eight colleges and universities in Florida to go smoke-free, but will join almost 450 schools across the country in their fight against tobacco.

Ondrovic believes that the faculty will be just as receptive as students to comply with such a policy.

"No one wants to get old early, look older than they are, or become short of breath from a simple walk from building to building," said Ondrovic.

While no date has been set to meet with campus officials, Salahuddin and Cassar will continue to collaborate in this initiative. Salahuddin has found a junior to carry on his research when he graduates in May, and hopes that this will become something that will impact the campus in a positive way.

Ondrovic said he will continue to educate his students on the dangers of smoking.

"Biology majors are a much lower percentage of smokers on campus than science majors. The damage cigarette smoking does to the body is clear, and once educated, they tend to look for ways to quit," said Ondrovic.

"I'm not sure the average person understands all of the dangers that are inherited by tobacco products. We have an opportunity discourage those from smoking early on. We can make tremendous progress."

Film Society showing of *Spirited Away* continues "core values" series

Saint Leo University value of respect topic of discussion

BY GREG ROBINSON
Lions' Pride Multimedia Editor

The Saint Leo University Film Society continued their "core values" series on Monday, January 31, with a showing of the movie *Spirited Away*. The event was held in the Student Community Center in the Greenfelder-Denlinger boardrooms at 7 p.m., and the film viewing was followed by a discussion on the core value of respect and how it pertains to the film.

The film is a 2001 animated release from Japan, written and directed by Hayao Miyazaki. In addition to becoming the highest grossing film of all time in Japan, the film was nominated for countless awards. It won the Oscar for Best Animated Feature at the 2003 Academy Awards, the only anime feature to do so.

The film showing was part of the Saint Leo University Film Society's "Core values" series, where a film is shown in conjunction with one of Saint Leo University's core values. During the fall semester, three films were screened: the Oscar-winning film *The Hurt Locker, Persepolis,* and *Down in the Delta*.

After the film was viewed, a brief discussion on the values present in the film took place. Pizza and light refreshments were served, and everyone present pondered deep meaning present in the film. Whether people came for the discussion, the film, or even the pizza, everyone had a good time and left with something to think about.

There will be two more screenings this semester. Be sure to keep your eyes (and mind) open for the next film.

Baitinger Continued from page 1

"[Thomas] would have done anything for his fellow officers."

Many in the city of Saint Petersburg and surrounding areas are shaken up by the death of these two honorable men. In Saint Petersburg, an officer hasn't died in the line of duty for thirty years. At the memorial service held on January 28, over 10,000 mourners of all ages attended to pay their respect.

A number of fundraisers held by businesses and organizations within the community have been organized to raise money for the families of Jeffrey and Thomas. These fundraisers include a barbeque, candlelight vigil, and memorial motorcycle ride held by Quick Q BBQ, a roadside party held by Liberty Tax Service, a fund to create a memorial monument by the nonprofit organization, *Heroes of the St. Pete Police,* and a portion of the profits from the Tampa Bay Rays FanFest will go to the families of Jeffrey and Thomas. The Fanfest will be held on February 19 at Tropicana Field where parking and admission will be free, but they ask for donations for autograph sessions and other activities.

Although the two heroic officers are gone, they will always be remembered and remain in the hearts of many.

Saint Leo's second International Business Conference taking place next week

Saint Leo University is hosting its second International Business Conference beginning Wednesday, February 16, and ending Friday, February 18. Those invited are graduate students, undergraduates, business professionals, and anyone interested in a career in business. Several presentations will be given including discussion of environmental disasters, genetically modified foods, and anticipated change in Cuba. More information is located at Saintleo.edu.

"Topping off" ceremony builds anticipation for new School of Business

BY GREG ROBINSON
Lions' Pride Multimedia Editor

The Donald R. Tapia School of Business came one step closer to completion on Thursday, January 27 when the final beam was placed on top of the structure. A ceremony and blessing was held to commemorate the event, and students and faculty had the opportunity to sign the steel beam before it was set in place.

The ceremony began at 2 p.m. on the lawn next to the future School of Business. From 9 a.m. to 1:45 p.m., students and faculty stopped by to sign the steel beam and contribute to a piece of Saint Leo history. Dr. Michael Nastanski, Dean of the School of Business, read from prepared remarks about the momentous occasion.

"This building will provide the physical platform for developing world-class business students who will successfully compete in a demanding global environment," said Nastanski.

After Dr. Nastanski spoke, Saint Leo University President Dr. Arthur F. Kirk Jr. had a few words to say about the new School of Business and what it means to the Saint Leo community.

"This is the first academic building built on Saint Leo University's campus in over 40 years. It will not only serve the students here, but Saint Leo students everywhere, and it will not only serve the School of Business students; it will serve all of the students," said Kirk.

The Donald R. Tapia School of Business is well on the way to being complete. As Kirk spoke, the construction kept going in the background, almost drowning out the speaker's voice. Kirk took it in stride, however, and even had a few quips to make.

"Progress has to be made here too," Kirk said following laughter from the crowd.

The construction has been headed up by Troy Powell from Creative Contracting. The organization was thanked profusely for their tireless efforts to make the new School of Business building a success.

Kirk and a few others were the last to sign the beam before it was blessed by Father Stephan Brown. After being sprinkled with holy water, the beam was ready to be raised into place. As the crane winched the steel beam to the top of the structure, the crowd cheered in anticipation of the great changes it will bring to Saint Leo when construction is complete.

Kirk and his wife, Beverly, challenged the school of business's faculty and staff to contribute by matching every gift or pledge up to $100,000. The pledge was also extended to the faculty and staff outside of the school of business. The Saint Leo community stepped up, and 86 faculty and staff members pledged over $150,000.

Overall, 305 separate donors have contributed money to the fundraising efforts. Their generosity has resulted in almost seven million dollars being pledged, with 12 individuals donating over $100,000. At the end of his speech, Kirk addressed all those who have donated money to the new School of Business.

"Students,faculty, staff, alumni, trustees, and friends, I thank all of you. This is a great moment in Saint Leo University's history," said Kirk.

To see the video of Nastanski's speech, Kirk's speech, and the placement of the final beam, go to The Lions' Pride Online at http://pride-online.net.

SLU Student Fitness: Male Athlete v. Male Non-Athlete

BY MINDY PIERCE
AND JESSICA PALL
Lions' Pride Sports
and Online Editors

Light cardio, high intensity cardio, muscle endurance training, heavy weight lifting, static stretching, dynamic stretching, and a well-balanced diet. All these components of healthy living have something in common, and that is fitness. Everyone has their personal preference for their lifestyle whether they are a top ranked college athlete or just a student who likes to exercise to stay fit. In this edition of SLU Student Fitness, two sides will be shown to see the differences and similarities of lifestyles through the eyes of a male athlete and a male non-athlete.

To begin with, Saint Leo swimmer Carlos Araque was asked what his favorite type of workout typically consisted of.

"I like to do a lot of cross training exercises including high intensity cardio in the water and fast twitch plymetrics. I also like to work with weights, bands, and medicine balls as well."

For the non-athlete, junior Nick Moreo was interviewed.

"I alternate days for lifting, and I'll play pick-up football and basketball every once in a while," said Moreo.

Araque's training consisted of nine workouts a week as he needs to stay in competitive shape for swimming, while Moreo's training was about five workouts enjoying fitness for personal and recreational reasons.

"I learned how to exercise from a myriad of places," Araque said.

He said that his elementary school education provided his basic knowledge of the importance of living a healthy style while his coach, played a key role in his knowledge of exercise.

"As I advance in my education, I made my own personal discoveries of the benefits of high intensity workouts," Araque said.

Moreo also learned the major base of his exercise workouts from high school sports including wrestling, basketball, track, football, and crew.

Each sport has its own strategies for strength exercises in the weight room and maintaining cardiovascular fitness.

Moreo said that his favorite type of exercise is playing basketball or wrestling.

There are numerous ways for students to get fit and stay fit at Saint Leo. There are over nine sports for the women and eight intercollegiate sports for the men to join. For students that seek friendly competition, there are various leagues of intramural sports. This year, flag football, softball, and soccer have already taken place. In just a few weeks, basketball will be beginning for those interested.

The fitness center is also available to students. The hours are Monday-Friday, 8 a.m. to 10 p.m., Saturday, 12 p.m. to 6 p.m., and Sunday, 4 p.m. to 8 p.m. There are various classes offered including yoga, Zumba, kickboxing, and TRX. Free weights and cardio machines are also available.

To maintain one's fitness, Saint Leo's dining hall has a lot of healthy choices available.

Araque uses the dining hall to keep a balanced diet to keep up his training.

"The cafeteria does a really good job in providing athletes and students with healthy options. This allows for athletes and students to maintain a healthy and nutritional diet," said Araque.

Both were asked whether they were concerned about losing weight or maintaining weight when they worked out.

"Neither," Araque said, "Weight is not an issue when you have a balanced diet. I rarely weigh myself."

However, Moreo says he is conscious of both.

Different sports and training create different body types. For example, runners need to build lean muscle, while swimmers are often bigger because the body builds an extra layer of fat over the muscles to protect from cold water and for buoyancy. Each sport, whether soccer, baseball, basketball, or volleyball uses different muscles and burn different amounts of energy, which create different body-types.

Finally, both asked how many times a week they eat fast food. Araque eats it once a week while Moreo eats it once every two weeks.

"I love Taco Bell!" said Araque. "It allows me to break the norm and from routine."

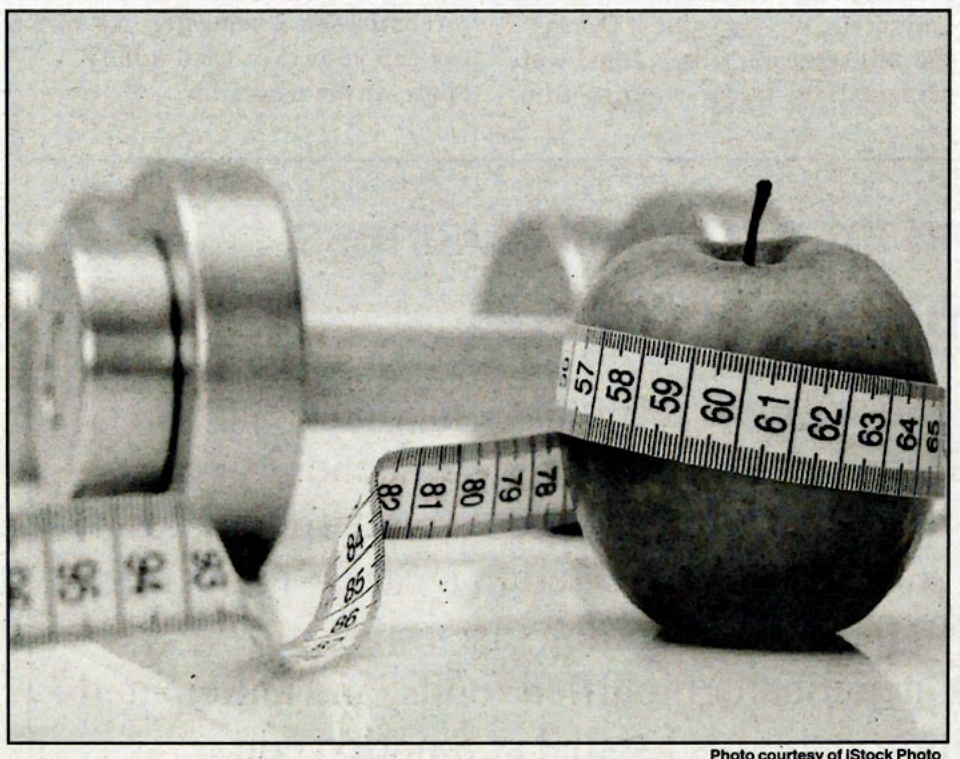


Photo courtesy of iStock Photo
Regardless of body type, healthy eating and exercise are beneficial

FRAG and ICUF: What do we do when the money runs out?

BY LINDSAY RENNER
Advertising Editor

Of all the colleges in Florida, 28 of these institutions are private schools. These 28 institutions contain roughly 100,000 students, or nearly a third of students enrolled at four year universities within the state. What would happen if these institutions were to suddenly experience a sharp spike in tuition due to a decrease in funding?

When one walks around the campus of Saint Leo, it is not uncommon to hear students complaining about the high cost of attendance. College is, after all, quite an expensive undertaking whether one chooses to attend a public or private institution. However, what many students may not realize is that attending Saint Leo could easily be much more expensive.

Saint Leo is a member of the Independent Colleges & Universities of Florida, more colloquially known around the state as ICUF. ICUF is a non-profit organization funded almost entirely by tuition money from its member institutions. This tuition money can be attributed to anything ranging from federal loans and scholarships to more localized sources such as Florida Bright Futures Scholarships and money drawn from ICUF's own private fund, among others.

Among the most important support systems in ICUF's design is the Florida Resident Access Grant, or FRAG. This program provides tuition assistance for students who are residents of Florida and attend private colleges and universities within the state. Although the money is provided by the state, each individual school deems the minimum requirements necessary for students enrolled on their campuses to continue receiving money.

What is the problem, then? The FRAG program is at risk every year of having its funding lessened or pulled entirely when presented in front of the Florida legislature. This is where ICUF comes in. According to Dr. David Persky, ICUF is indispensable in continuing to allow many Florida students to attend a private university without fearing the price of tuition.

"ICUF works very hard to keep programs like FRAG in front of the legislature. FRAG …actually helps to save the State of Florida money because the cost of FRAG per student, $2425, is less than what the state pays for each student at one of the public universities in the state university system," said Persky.

The FRAG program is not a new feature of higher education in Florida. The program has existed in the state since 1979, well after ICUF's establishment in 1964. Saint Leo has been a member of ICUF since 1967, and was the program's thirteenth member institution. Since the inception of FRAG, students have fought to keep the program active in several ways. On Saint Leo's campus, there are four student liaisons who travel to Tallahassee to appeal to the legislature on a yearly basis.

"Saint Leo has been one of the more active ICUF members in the ICUF Presidential Fellows Program the past few years," said Persky.

ICUF fellow Andrew VanGuilder has been an ICUF fellow for the last two years. Aside from the financial benefits, VanGuilder feels that there are many more benefits to being an ICUF fellow.

"The greatest benefit is being in on the action, fighting for the FRAG. Each year the FRAG seems like it is up for grabs, and it is not just up to ICUF, but all students to show why we need the FRAG," said VanGuilder.

Andrew Vanguilder also said the program provides leadership, values, presentation, patience, and speaking skills.

In an era where many people may feel private schools go unnoticed and student voices are quashed, ICUF provides a channel for change. If its funding is cut, all private school students will feel the burden of this through higher tuition costs. FRAG and ICUF are indispensable for keeping a private education an option for Florida residents, and even those out of state students who do not wish to see the price of tuition rise.

Valentine's day gift ideas

BY AMANDA BUTLER
Lions' Pride Staff Writer

Every year, it's always the same – cheesy cards, teddy bears with hearts, and an array of other merchandise all saying the same thing: I love you. The words seem to lose their meaning after a few commercial gifts, but here are a few ideas to turn those three words into an unforgettable phrase!

1) Involve Interests

Think of the person receiving the gift. Do they have a favorite hobby or sport? Get creative! Incorporate their interests in their present! Get a teddy bear in a biker outfit for the biker, or incorporate their favorite sport for the athlete! A journal is a great idea for an English major; one can even write a valentine letter inside! Mimic your significant other's favorite romantic scene from their favorite movie! The possibilities are as plentiful as the interests!

2) Personalize!

Make the present personal! A teddy bear is always a first choice when it comes to this holiday; get one that comes with a backpack and put a cute little note inside for the significant other. Write it in your own handwriting and watch them smile! Write a silly poem about them! Food is never a bad idea; bake some cupcakes or cookies or your significant other's favorite dessert, or a romantic dinner by candlelight perhaps. Make the gift one from the heart.

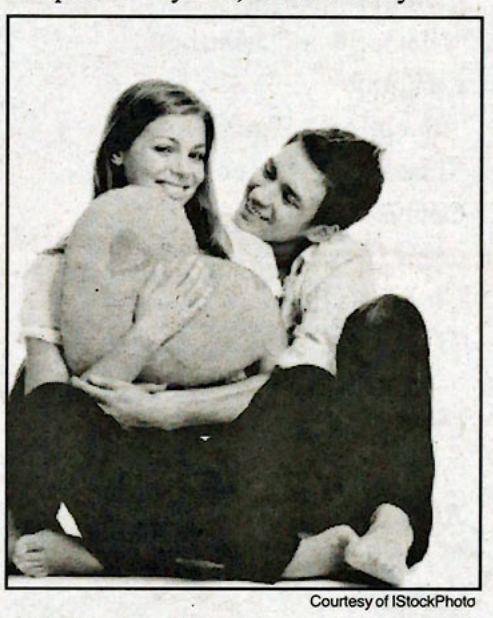
3) A Twist on the classics

A box of chocolates has always been a romantic tradition for this special day; but what about a box of homemade chocolates? Recipes clutter the internet for homemade chocolate; make your own chocolate bites, or chocolate lollipops! Put your creations in a dainty box and bow! Not a chocolate person? No problem! Write a letter to your sweetheart using only candy hearts! Take the cliché out of the regular gifts and create something original!

4) Single? No Problem!

Single on Valentine's Day? Don't get yourself down; enjoy time for yourself! Treat yourself to a day at the spa; allow yourself that extra piece of chocolate! Avoid areas heavy in couples like parks and movie theatres, and watch your favorite movie, snuggle in your favorite blanket, and make this Valentine's Day devoted specifically to you!

Whether taken or single this Valentine's Day, there are plenty of ways you can enjoy it. You can even come up with some ideas of your own! The clock is ticking, the day of love is fast approaching, and you're sure to win a smile with one of these ideas!



Courtesy of IStockPhoto

Courtesy of IStockPhoto

Whether single or attached, this Valentine 's Day can be enjoyable by spending quality time with a loved one, or treating yourself to some "you time"

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Sudoku, Kakuro & Futoshiki Puzzles

Sudoku 9x9 - Medium (137363830)

2	5						1	6
		1	6		9	5		
8								7
		3	7		2	6		
4								3
		9	5		4	8		
3								9
		2	8		6	3		
9	4						6	1

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Solution:

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Arts & Entertainment

83rd Annual Academy Awards

Oscar Nominations 2011

Best Picture
Black Swan
The Fighter
Inception
The Kids Are All Right
The King's Speech
127 Hours
The Social Network
Toy Story 3
True Grit
Winter's Bones

Actor in a Leading Role
Javier Bardem in "Biutiful"
Jeff Bridges in "True Grit"
Jesse Eisenberg in "The Social Network"
Colin Firth in "The King's Speech"
James Franco in "127 Hours"

Actress in a Leading Role
Annette Bening in "The Kids Are All Right"
Nicole Kidman in "Rabbit Hole"
Jennifer Lawrence in "Winter's Bone"
Natalie Portman in "Black Swan"
Michelle Williams in "Blue Valentine"

Actor in a Supporting Role
Christian Bale in "The Fighter"
John Hawkes in "Winter's Bone"
Jeremy Renner in "The Town"
Mark Ruffalo in "The Kids Are All Right"
Geoffrey Rush in "The King's Speech"

Actress in a Supporting Role
Amy Adams in "The Fighter"
Helena Bonham Carter in "The King's Speech"
Melissa Leo in "The Fighter"
Hailee Steinfeld in "True Grit"
Jacki Weaver in "Animal Kingdom"

Animated Feature Film
"How to Train Your Dragon" Chris Sanders and Dean DeBlois
"The Illusionist" Sylvain Chomet
"Toy Story 3" Lee Unkrich

Art Direction
"Alice in Wonderland"
"Harry Potter and the Deathly Hallows Part 1"
"Inception"
"The King's Speech"
"True Grit"

Cinematography
"Black Swan," Matthew Libatique
"Inception," Wally Pfister
"The King's Speech," Danny Cohen
"The Social Network," Jeff Cronenweth
"True Grit," Roger Deakins

Costume Design
"Alice in Wonderland," Colleen Atwood
"I Am Love," Antonella Cannarozzi
"The King's Speech," Jenny Beavan
"The Tempest," Sandy Powell
"True Grit" Mary Zophres

Directing
"Black Swan," Darrèn Aronofsky
"The Fighter," David O. Russell
"The King's Speech," Tom Hooper
"The Social Network," David Fincher
"True Grit," Joel Coen and Ethan Coen

Documentary (Feature)
"Exit through the Gift Shop," Banksy and Jaimie D'Cruz
"Gasland," Josh Fox and Trish Adlesic
"Inside Job," Charles Ferguson and Audrey Marrs
"Restrepo," Tim Hetherington and Sebastian Junger
"Waste Land," Lucy Walker and Angus Aynsley

Documentary (Short Subject)
"Killing in the Name"
"Poster Girl"
"Strangers No More"
"Sun Come Up"
"The Warriors of Qiugang"

Film Editing
"Black Swan"
"The Fighter"
"The King's Speech"
"127 Hours"
"The Social Network"

Foreign Language Film
"Biutiful," Mexico
"Dogtooth," Greece
"In a Better World," Denmark
"Incendies," Canada
"Outside the Law (Hors-la-loi)," Algeria

Makeup
"Barney's Version," Adrien Morot
"The Way Back," Edouard F. Henriques, Gregory Funk and Yolanda Toussieng
"The Wolfman," Rick Baker and Dave Elsey

Music, Original Score
"How to Train Your Dragon," John Powell
"Inception," Hans Zimmer
"The King's Speech," Alexandre Desplat
"127 Hours," A.R. Rahman
"The Social Network," Trent Reznor and Atticus Ross

Music , Original Song
"Coming Home" from "Country Strong," Music and Lyric by Tom Douglas, Troy Verges and Hillary Lindsey
"I See the Light" from "Tangled," Music by Alan Menken Lyric by Glenn Slater
"If I Rise" from "127 Hours," Music by A.R. Rahman Lyric by Dido and Rollo Armstrong
"We Belong Together" from "Toy Story 3," Music and Lyric by Randy Newman

"I have a voice!"

The King's Speech leaves you at a loss for words

BY BROOKE KING
Lions' Pride Entertainment Editor

While far from a dry, slow-witted British film, The King's Speech is a remarkable new take on a historical film. Besides, who doesn't like a royal curse tantrum that would make even the Queen blush?

The story takes place in history right before World War II in 1925, where Prince Albert (Colin Firth) is giving a speech for the British Empire Expedition, in which his words fail him from his nerves and he begins to stammer his entire speech. His wife Elizabeth (Helena Bonham Carter), though she is heartfelt and compassionate, takes it upon herself to help her royal husband overcome his speech impediment.

After a stressful and embarrassing session with a speech therapist, Prince Albert refuses to see another doctor until Elizabeth coerces him to see one last doctor. At the aversion of another exhausting session of therapy, His Highness recluses into a snobbish prince, refusing to cooperate with Lionel Logue (Geoffrey Rush), an Australian speech therapist, whose wildly eccentric methods of curing Prince Albert of his speech problem include treating each speech session more like therapy. At one point, Logue calls Prince Albert "Bertie," to which the Prince's reaction is priceless.

When Albert's brother Edward abdicates the throne, creating a royal no-no, Edward then runs off to marry an American harlot named Wallis Simpson (Eve Best). The once Prince Albert, who assuredly thought he would never have to be king, is thrust into the public spotlight.

The uncanny friendship of a king

The cast of "The King's Speech."
Photo courtesy of the Weinstein Company

and a commoner shows the dramatic and hilarious series of historical events that unfurls throughout the film. From the coronation speech preparation scene where Logue purposely sits in Saint Edward's chair to enrage the soon to be king, to the now crowned King of England's first wartime speech, the film brings to a head one of the most listened to broadcast of BBC radio. King George VI's infamous speech he gave announcing that Britain was now at war with Nazi Germany depicted the poise and prestige of a nation on the brink of war.

The film has received 12 Oscar nominations and Firth has already received a Golden Globe for his acting in the film. Though this film oozes with British national pride, the acting performances and uncanny British wit infused throughout the film creates an impressive array of dramatic ambiance that makes this film one of the best of this year.

Black Swan: a psycho ballerina's self-destruction

BY BROOKE KING
Lions' Pride Entertainment Editor

Have you ever wondered how people turn into psycho killers? Well, look no further. Darren Aronofsky, director of Black Swan, brings to the screen the seedy underworld of the art of ballet, as well as some racy same-sex scenes.

Nina (Natalie Portman) is a ballerina in a New York City ballet company, who is completely obsessed with her job. She lives with her jealous, washed up ballerina mother Erika in a small apartment that completely caters to Nina's obsession with ballet.

The movie progresses rather quickly as Beth MacIntyre (Winona Rider), the lead ballerina in the company is replaced by Nina for the opening of the holiday season ballets,

Portman as the "Black Swan"
Photo courtesy of Fox Searchlight

the first being Swan Lake. However, the new competitive dancer from San Francisco, Lily (Mila Kunis), begins to stir up trouble for Nina. While the suspense builds within the character dynamic, Nina finds herself to be struggling with her own role as Swan Queen. As the rivalry between the two dancers progresses, Nina must find the balance between the White Swan, which she plays perfectly, and the Black Swan that she is yet to grasp the concept of dancing as. While her dark side is far from found, her artistic director suggests some rather unorthodox methods for her to perform in order to tap the evil within her.

While seen as a virgin and naïve, Nina is costantly tested by her artistic director and her rival Lily. By the middle of the movie, the parallels between reality and psychosis begin to develop. Nina begins to believe Lily is after her and her psycho-obsessed mother begins to realize that Nina is losing her mind, which is an attribute that also exists in the mother.

Though it may not be what I would consider a thriller movie, the psychotic episode by Nina warrants much acclaim to Portman's ability to tap her inner psycho. It may not leave you on the edge of your seat the whole time, though it does leave a lasting impression on the art of ballet. While the plot line seems more for the female audience, there are some racy scenes, which might appeal to the male audience as well. While some could see it as rather offensive, and a little unnecessary, the scene lends itself to the psychotic break of Nina. There is, however, some drug use, and rather disturbing images. The acting and cinematography of the thriller, however, leave it as a must for buzz worthy Oscar fame.

Creative Corner

BY CARLY KING
Lions' Pride Staff Writer

Now is the chance for Saint Leo University students to show their true talents in *The Lions' Pride*. For students who have a passion for the arts, this may include writing poetry and stories, drawing, painting, taking photos, making movies, or even playing around on Photoshop. For those students who like the possibility of inspiring someone with art, here is the chance to be recognized as an artist.

The Lions' Pride will include an insert to the paper called Creative Corner. This multiple-page insert will showcase all types of artwork by the students. The online issue of the paper will be used for larger submissions such as video clips and lengthy pieces of writing. Late in the first semester, Creative Corner was a success as *The Lions' Pride* staff gathered over 30 student submissions. This time around, the newspaper staff is giving the students more time to create art. The deadline for submitting work this year is March 5. For any interested artists, there are many ways to express art in *The Lions' Pride*. Don't keep the talents behind closed doors; this is the chance inspire someone. For submitting any questions or artistic creations, please email staff writer Carly King at carly.king@email.saintleo.edu.

Calendar of upcoming events

Date	Event	Location and Time
February 11	Florida State Fair	Florida State Fairgrounds, 10 a.m.
February 11	The Pink Floyd Experience	Progress Energy Center for Arts, 8 p.m.
February 13	Flogging Molly	The Ritz Ybor, 6 p.m.
February 14	An Acoustic Evening with Matisyahu	Tampa Theatre, 7:30 p.m.
February 16	Guest speaker, Jennifer Woods (publishing editor of Typecast Publishing)	TBA
February 18	Ozzy Osbourne (Rock Music)	St. Pete Times Forum, 8 p.m.
February 21	SLU Film Society: *Defiance* (2008)	Lewis 120, 7 p.m.
February 23-26	Spring Play: *Horse Scents*	Marmion Center
February 24	Jeff Dunham (Comedian)	St. Pete Times Forum, 7:30 p.m.
February 24	Pasco County Fair	Pasco County Fairgrounds, 10 a.m.
February 28	Women's History Month Event (School of A&S)	Boardrooms, 7 p.m.
March 1	The Oak Ridge Boys(Country)	Lakeland Center Jenkin Arena,7 p.m.
March 2	Music Concert	Selby Auditorium, TBA
March 6	Zephyrhills Celtic Festival and Highland Games	Zephyr Park, Zephyrhills, 10 a.m.
March 7	Women's History Month Event	Boardrooms, 7 p.m.
March 8	Visiting Writer, Mike Czyzniejewski	Canon Memorial Library, 7 p.m.
Marc h 10	Women's History Month Event	Boardrooms, 7 p.m.
March 13	Florida Strawberry Festival	Florida Strawberry Festival Grounds, Plant City,10 a.m.
March 19	Kenny Chesney, Zac Brown Band	Raymond James Stadium, Tampa,4:30 p.m.

Sports

Celebrating Women in Sports

BY JESSICA PALLAND

MINDY PIERCE

Lions' Pride Online Editor and Sports Editor

Saint Leo University's athletic department, athletes, coaches, sponsors, faculty, and other participants celebrated their 21st annual celebration of the National Girls and Women in Sports Day with this year's theme, "Play, Believe, Achieve."

Rosie Stallman, performing as the Mistress of Ceremonies, opened the evening with personal reflection and stories of her experience with sports, expounding upon the purpose of the filled room.

Normally recognized in their uniforms or practice attire, the female student athletes donned their business attire clothes, allowing their dresses and high heels to match the transformed banquet hall, the Marion Bowman Gym filled with candle-lit tables and white tablecloths.

Sophomore volleyball Lucy Fricker commenced the banquet with an opening prayer followed by opening remarks by Dr. Arthur F. Kirk Jr., Saint Leo University's President.

The Women in Sports Achievement Award was given to Annika Sorenstam, the most dominant player in women's golf today. Annika has won 73 LPGA Tour titles and was the sixth player in LPGA history to complete the LPGA Grand Slam in 2003, winning the LPGA Championship and the Women's British Open. In 2003, she also won five other events worldwide that year and set or tied 22 LPGA records.

Sorenstam played against men at the Colonial in Fort Worth, Texas, becoming the first woman to play in a PGA event since Babe Dickinson Zaharias in 1945.

"I wanted to challenge myself," Sorenstam said to the audience.

Although she missed the cut, her participation is considered monumental in the development of women's sports.

Although she retired from her professional golf career, Sorenstam developed the ANNIKA foundation, which teaches children the importance of healthy lifestyle and offers aspiring junior golfers support to pursue their dreams and uses her name to brand eight business brands, including an academy, women's golf clothing collection, and online internet store.

"Continue to play, continue to dream, continue to achieve," Sorenstam said to the audience.

Sorenstam shared personal stories of how she had to overcome obstacles in her life, including her fear of public speaking. As a young golfer, Sorenstam said she would purposely make mistakes so she would come in second or third place, to avoid the winner's speech.

"Focus, dedication, and motivation," Sorenstam said are key elements to success. Because she is very down to earth, Sorenstam didn't elevate her achievements, but instead, focused on how she made her success, and how through personal motivation and talent, one can achieve their dreams.

Women In Sports Award Recipients Photo Courtesy of Mike Carlson

Rewards were given to the student-athletes in the audience as well. Every year, the Elaine Evans Spirit of Saint Leo Award is given to a female athlete for her contributions to the community. The award of $1000, which is to be applied as soon as possible, was given to senior golfer Jordan Hatch this year.

Also, the Saint Leo Dining Services Scholarship is awarded to one female student-athlete of each sport. This award of $1,000 is reserved for tuition and given to a returning freshman, sophomore or junior.

This year's winners were basketball Alyssa Viscomi, cross-country Mariah Moss, golfer Goeun Lee, soccer Ajja Bent-Trinder, softball Kasey Postupack, swimming Katie David, tennis Phoebe Dileo, and volleyball Lucy Fricker.

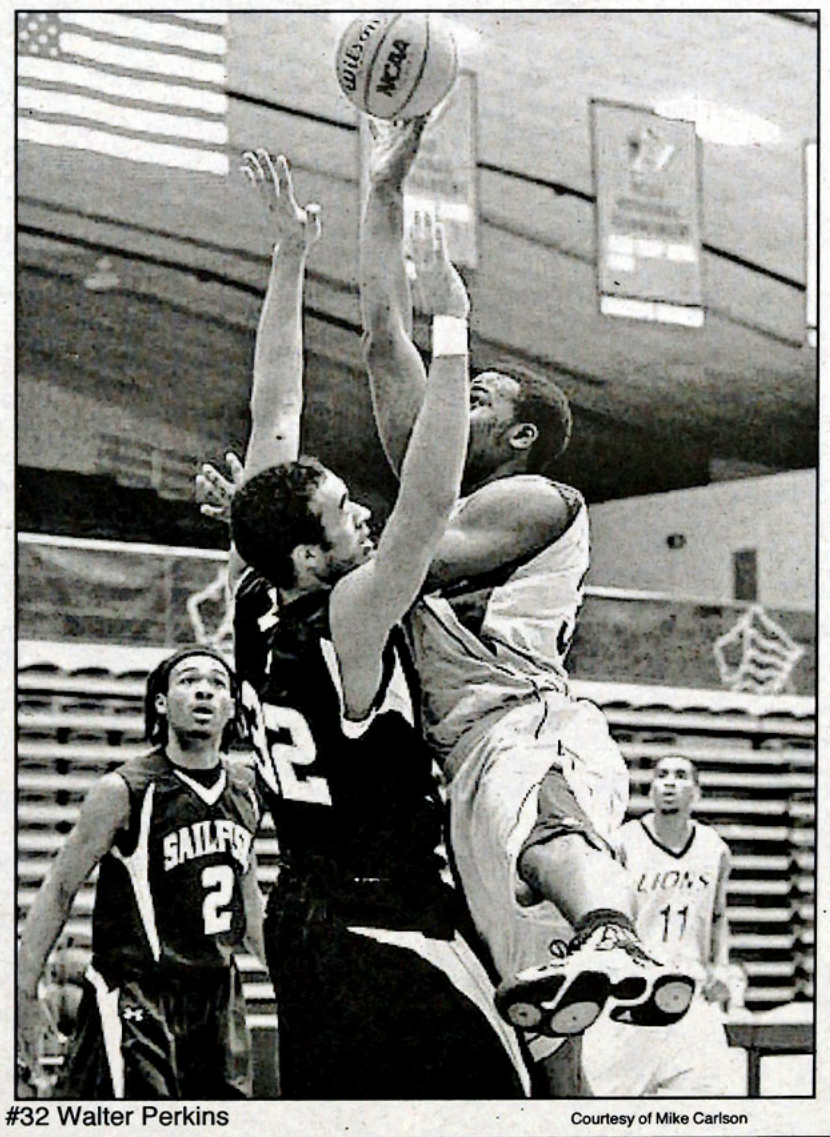
These female student-athletes were selected because each supports her team with positive attitude, gives 100% effort at practice and in competition, is community-service oriented, demonstrates leadership and personal integrity, and is a good ambassador for Saint Leo University at all times.

The night concluded with the Benedict from Father Thomas.

Following the prayer, true spirit of community of its Saint Leo athletes were shown while members of the Student Athletic Advisory Committee helped tear down and clean up the whole event. Next year, the Girls and Women In Sports banquet will mark its 22nd annual banquet.

Lions men's basketball has three games left for its 2010-2011 season before its Sunshine State Conference Championships in Melbourne, Florida, March 2-6. Come support their last home game on Senior Day, against Barry University which is on February 26 at 4 p.m. Wear green and gold.

#30 Matt Kendrick Courtesy of Mike Carlson



#32 Walter Perkins Courtesy of Mike Carlson